

How to:



Baby Cradle

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

- From a seated position, pick up your right leg, with your right hand on the knee and left hand on the foot, pull the leg up toward your chest.
- If you can, place your elbows around the knee and foot and clasp hands.
- Gently “rock the baby.”

MY EXTENDED SCRIPT (what I like to talk about in this pose)